

**National Preparedness Month tip for today:**

## **Food**

### **IF THE ELECTRICITY GOES OFF ...**

**FIRST...** Use perishable food from the refrigerator, pantry, etc.

**THEN...** Use the foods from the freezer. To limit the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days. Check to make sure the seal on your freezer door is still in good condition.

**FINALLY...** Begin to use non-perishable foods and staples.

### **SHELF-LIFE OF FOODS FOR STORAGE**

The following provides some general guidelines for replacement of common emergency foods.

Use within six months:

- Powdered milk - *boxed*
- Dried fruit
- Dry, crisp crackers
- Potatoes

Use within one year, or before the date indicated on the label:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices, and vegetables
- Ready-to-eat cereals and uncooked instant cereals
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamins

May be stored indefinitely (in proper containers and conditions):

- Wheat
- Vegetable oils
- Dried corn
- Baking powder
- Soybeans
- Instant coffee, tea, and cocoa
- Salt
- Noncarbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk – *in nitrogen-packed cans*

***Source: FEMA***